



FACT SHEET ADHD AND PREGNANCY



THINGS TO THINK ABOUT

1. Estrogen affects ADHD symptoms and yours may get worse or better during pregnancy.
2. You may struggle with self-care, appointments, decision-making.
3. ADHD women have higher risks of complications (e.g., preeclampsia, preterm labor).
4. There are possible baby complications (e.g., breathing difficulties)
5. Ask your doctor about the things you need to know! Find one you trust.

CAN I STAY ON MY MEDICATIONS?

There is limited evidence on absolute safety but more every day lean towards safety. Many doctors are comfortable prescribing during pregnancy. Collaborate with your doctor to decide, it's your choice.
Unmedicated ADHD can pose risks especially if your symptoms are severe.

POST PREGNANCY

Expect increased ADHD symptoms after the baby is born.
The risk of postpartum depression is higher in ADHD women.
Estrogen drop, lack of sleep, and hormonal shifts all will worsen executive functioning symptoms. Discuss medication while breastfeeding with your doctor.
Be prepared, seek extra support and keep getting information from trusted and knowledgeable professionals.

IMPORTANT THINGS FOR WOMEN WITH ADHD TO KNOW



Off meds? Identify areas medication helped with, create systems to supplement.



Off meds? Get help with driving places as accidents may increase.



Consider decreasing stress and workload
executive functioning may be taxed.



Get ready to ask for help after the baby is born. It's gonna be hard!